

# NCCJ

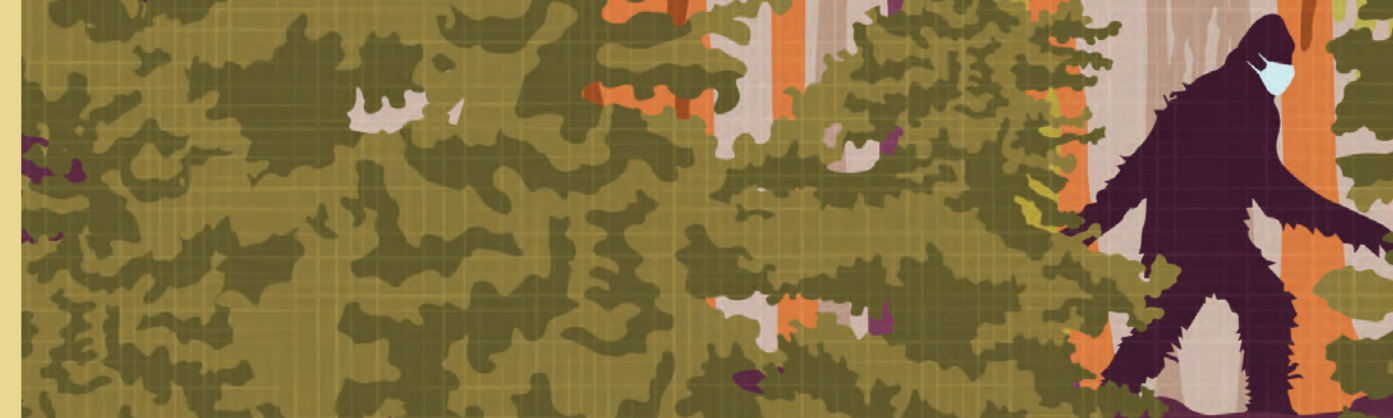
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# STAY *out of* SIGHT

## — SAVE LIVES —

*p. 5* STAY HOME, MASK UP *p. 6* COVID-19 NEWS ROUNDUP *p. 5* A MAYOR STEPS UP *p. 11* TAKE-OUT SAFETY

# April is Sexual Assault Awareness Month

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NCJ POEM

Having been  
discharged from Hell

Having been discharged from Hell,  
the New York dead lie piled inside  
refrigerated trucks, awaiting their  
transport to Heaven and reunion  
with old enemies and friends.

A continent away, the redwood forest  
throbs with life, as prehistoric ferns  
unfurl, and tiny wildflowers become  
droplets of courageous color  
in the shade of the big, dark trees.

Look and see how the lovely trillium open  
their delicate white petals, arching gently  
toward the light, and, as if no one  
told them the news, they innocently say:  
There is something pure that never dies.

— Naomi Steinberg

On the Cover

Illustration by Jonathan Webster,  
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# Saving Each Other

Each of us can save lives. Right now.

By Jennifer Fumiko Cahill and Thadeus Greenson

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It's no stretch to say that we in Humboldt County — and the rest of the country — stand on the precipice, facing the very real threat of widespread death and suffering. New York City is already there. But it's also no stretch to say — at this moment in Humboldt County, anyway — we individually and collectively retain some control over how this plays out. Never before in our history have the actions of each of us been so crucial to our collective well being, so never before has it been so imperative that we put community ahead of ourselves.

If that seems hyperbolic, consider a few things:

A contact study in South Korea found that a single COVID-19 patient was potentially responsible for infecting some 1,100 others with the virus because she carried on with life as normal — attending church services and hotel buffets — after experiencing symptoms. We cannot know how many others those 1,100 people may then have infected.

Other studies have shown that some 25 percent of COVID-19 cases never experience symptoms, meaning if they simply carry on with their daily lives because they feel fine, they will spend at least 14 days shedding the virus, releasing virtual clouds of it in aerosols wherever they go and leaving it to live on surfaces for up to three days.

Andy Slavitt, former acting administrator for the Centers for Medicare and Medicaid Services and a senior advisor to the Bipartisan Policy Center, estimates that one person can be directly responsible for 40 deaths if they fail to take proper precautions, like sheltering in place and wearing a face covering.

It's also very important for us in Humboldt County to recognize that we are in an especially precarious position, with a local healthcare system that is strained in the best of times, much less under the threat of a pandemic. As everyone in local government also knows, rural California can easily find itself in the back of the line for federal and state assistance. The hard truth is we may find ourselves on our own, especially if we hasten the worst this virus threatens to bring.

This week we reported that a group of generous people and entities combined to donate a dozen ventilators to St. Joseph Hospital. Those machines will provide a roughly 50-percent increase to countywide ventilator capacity when they arrive sometime next month. That's good news. But let's also put it into the context of the bad.

In the week from March 30 to April 6, Humboldt County saw its COVID-19 caseload more than double from 21 to 49. If that rate holds, we'll see 114 cases on April 13, 266 cases by April 20, 622 cases by April 27, 1,451 cases by May 4 and 3,388 cases by May 11, around the time those extra ventilators are expected to roll into town.

The reason those ventilators are so important is that there is no cure for the COVID-19 disease. Ventilators allow healthcare workers to keep seriously ill patients on them for life support, hopefully buying enough time — often a week or two — for their bodies to fight off the disease. In Wuhan, China, about 5 percent of COVID-19 patients fell critically ill — a designation that generally necessitates intensive care, intubation and the help of a ventilator — for a chance at survival.

If we in Humboldt County find ourselves with 3,389 cases by May 11 and 5 percent are critically ill, that's 169 people. Doctors would be left with the brutal task of figuring out who among those patients gets access to those 36 or so potentially life-saving ventilators.

We don't have to end up there. The great news for Humboldt County is that while that may be the road we are on, there's still hope. But it will take all of us treating COVID-19 like the deadly threat it is by doing whatever we can to make sure we're protecting our neighbors and healthcare workers.

That means staying home and planning ahead to limit essential outings. If you can manage only going to the store every two or three weeks, do it. Limit outdoor recreation to areas around your home and always maintain the imperative minimum 6 feet of social distance. When you must go out, wear a facial covering — not to protect yourself but to make sure that if you turn out to be among the 25 percent of people who have the virus without showing symptoms, you're not spreading it to others. (And if you for some reason have the highly coveted surgical or N95 masks at home, please donate them. Healthcare workers desperately need them. A bandana, scarf or other homemade alternative is good enough to help keep you from spreading the virus.)

Make no mistake, this is poised to get dark in a hurry. And if it does, there will be shame and regret. The bell is ringing but there's still time to answer it. Our neighbors' lives rest in our hands. Let's save them. ●

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NCJ NEWS

# Slowing the Velocity

The effort to slow Humboldt's infection rate and other news from the week

By North Coast Journal Staff

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As the *Journal* went to press April 7, Public Health announced one more Humboldt County resident had tested positive for COVID-19, bringing the local total to an even 50.

While that number represented a sharp spike over two weeks, with 48 of those positive cases coming over the span of 14 days and 29 of them over the previous eight, it also brought some hope that Humboldt County's efforts to slow spread of the virus are bearing fruit. The sole positive test left the county with a three-day average of two cases per day, less than half the average of the prior six days, during which 27 positive tests returned, more than doubling the county's caseload.

In an April 6 presentation to the Humboldt County Board of Supervisors, Public Health Officer Teresa Frankovich explained how flattening the curve and slowing the rate of infection provide Humboldt County's best chance to weather the coming COVID-19 storm, which is why the county has taken some aggressive measures to halt the virus' spread. Last week county officials modified an existing shelter-in-place-order, declared a local emergency, advised local schools to remain shuttered through the week and on April 5 urged residents to wear facial coverings when in public to prevent asymptomatic carriers from spreading the virus. (A homemade mask pattern can be found at [www.northcoastjournal.com](http://www.northcoastjournal.com).)

Frankovich said the goal is to delay intense local caseloads, potentially leaving the area with a longer period of COVID but keeping it from hitting the "high velocity" of cases that would overwhelm the local healthcare system. (More on capacity issues below.) That would also leave hope, she said, that by the time Humboldt County sees peak infection rates, other areas of the state and country would be emerging from the virus' worst, allowing them to help Humboldt with additional resources, from equipment and healthcare

workers to expertise.

News this past week again came fast and furious. Here's our best effort to summarize important stories we've been reporting online for those of you who, you know, have been busy adjusting to sheltering in place. For more on these and other stories, as well as the latest breaking news, keep up with us at [www.northcoastjournal.com](http://www.northcoastjournal.com).

## Cleared for Trials

St. Joseph Hospital announced April 6 that it has been cleared to participate in two national clinical trials of the anti-viral drug Remdesivir for treatment of moderate and severe cases of COVID-19.

According to a press release, St. Joseph sought accelerated approval for trials in Humboldt because it believes the drug has shown "promise in the treatment of COVID-19."

"This is an important opportunity for future patients who present with COVID-19 at St. Joseph Hospital and meet certain criteria, to have access to Remdesivir, a promising investigational drug," said St. Joseph Health-Humboldt County CEO Roberta Luskin-Hawk, an infectious disease physician with clinical research experience.

The trial St. Joseph Hospital will participate in will see about 1,000 patients nationwide treated with the intravenous drug by next month, but it's unclear how many patients will be local.

## Supes Enter New Reality

The Humboldt County Board of Supervisors' special session April 7 looked very different. Supervisors Mike Wilson and Virginia Bass video conferenced in from their homes, while Supervisors Rex Bohn, Estelle Fennell and Steve Madrone sat 6 feet apart with facial coverings, though Fennell's spent much of the meeting down below her chin.

North Coast Rep. Jared Huffman gave updates on Congress' efforts to mitigate the economic fallout caused by the virus

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and support local agencies. Huffman said he expects Congress to pass another stimulus bill like the \$2 trillion CARES Act, which included increased unemployment benefits, one-time payments to most U.S. households and funds for local governments and hospitals. “The demand for this kind of help is beyond anything we could have anticipated,” he said, explaining the third “wave” would be an economic recovery bill focused on funding transportation, broadband and green energy infrastructure projects to put people back to work.

The board then heard from county staff, who stressed that while it’s important for people to go outside and get some exercise, they need to keep at least 6 feet away from people outside their households. Public Health Director Michele Stevens referenced recent reports of full parking lots at College Cove and Moonstone Beach.

There was discussion about the best ways to protect the local homeless population. Stevens said local programs — like free meals at St. Vincent de Paul and Arcata House Partnership — have implemented screening processes. Additionally, she said the county has leased the Humboldt Inn and begun quarantining homeless people there who are either in an at-risk group or awaiting testing results.

While applauding those efforts, Madrone asked if the county should be looking to do more — whether a designated camping area or a sanctuary parking area — to provide stability, a sanitary environment and some services. Staff questioned whether bringing a fairly decentralized homeless population together could hasten COVID-19 spread.

The board also discussed a possible eviction moratorium to protect local tenants falling behind on rent due to COVID-19 related job losses and economic hardship. While Sheriff William Honsal told the board his office has already announced it will not be enforcing eviction orders through the COVID-19 emergency, some felt simply preventing the last step of forcibly removing someone from their home wasn’t enough and the county should take stronger steps to keep people in their housing.

The board voted unanimously to have staff research an ordinance and report back in several weeks.

The board also wrestled with local property tax payments — which are due April 10 — ultimately deciding to leave the deadline in place and to give Tax Collector John Bartholomew wide discretion in waiving penalties for those unable to pay

on time due to COVID-19 related hardships.

## Donated Ventilators

The race to increase Humboldt County’s capacity to care for the wave of critically ill COVID-19 cases officials fear is coming got a major boost last week, thanks to a ripple effect of generosity.

It began with nearly 100 local women coming together to donate \$105,000 to St. Joseph Hospital to cover the purchase of three ventilators, which inspired Humboldt State University to donate four more and two businesses and two local families to make large contributions. All told, St. Joseph Hospital has ordered 12 new ventilators, which are slated to arrive next month. These will double its current capacity of the bedside machines necessary to keep patients alive until they can fight off the virus. (St. Joseph spokesperson Christian Hill said the larger Providence-St. Joseph Health will also “redeploy” ventilators as needed through its 51 hospitals as hotspots arise. Hill said it’s ordering additional ventilators through its regular channels and working with FEMA to access the agency’s emergency stockpile in the event of a surge.)

Frankvoich said Public Health is working with local hospitals and nursing homes to figure how all can increase bed capacity. At hospitals, she said officials are changing room organization and beds distribution, as well as making plans to “cohort patients” to increase general and intensive care unit capacity.

“We’re also looking at what alternate care sites we might develop in order to provide care outside the hospital walls and outside traditional settings,” Frankovich said.

As explained in this week’s editorial, a case trajectory similar to what Humboldt County saw last week could lead to need far exceeding capacity by early next month, underscoring the need to flatten the curve and slow infection rates through social distancing.

In a press release, Luskin-Hawk said her hospital has an obligation to be prepared for “a surge of patients who develop critical illness due to COVID-19.”

“While we hope for the best, we are preparing for our hospitals to face unprecedented demand for critical care services,” she said. ●

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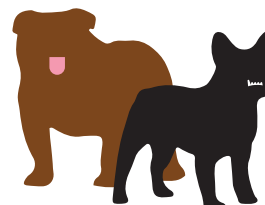
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## NCJ GUEST VIEWS

# Bright Side of the Moon

By Peter Stoll

views@northcoastjournal.com

**W**e are moving into week four of shelter in place in Humboldt County and much has happened in a week, again. Many of our school districts are informing us they will indeed be out for the rest of the year. Perhaps the districts that haven't yet committed are holding on to the same hope we all are, that we can make decisions that communicate optimism and the desire to return to our regularly scheduled program. In the midst of it all we are being told to brace for the hardest week so far, and to hold steady. When the drama of reality goes so off-script, it's hard to know what the roles are, much less how the story will unfold.

We can all be writers of this script and while things are challenging for every single person, let's spend some time together this week examining some ideas and tools to hopefully reduce some of the pressure and anxiety that are so natural to be experiencing.

## Behavior 101

During this surreal time, I have been imagining that every residence has the potential to be a pressure cooker. I know it hasn't been easy in my home at times and I think that is probably the universal truth. And really, think of it: When has there ever been a social experiment such as this when we have been advised to be under the same roof — like ALL the time? Yes, there are opportunities to get out for exercise or for that essential trip. But by and large, we are staying put, together or alone, and put is where we are supposed to be. Think of any time in history; there has always been the opportunity to get some time away, whether it was hunting mammoths, keeping the home fire burning, or simply going to work or school. Most of us have always had the opportunity to go out and report back. Shelter in place goes against the grain of the ardent independence that is celebrated in our culture. They say "absence makes the heart grow fonder" for a reason. So let's take a moment to reflect on the behavior of adults and children and explore some basics that may be helpful as we continue this journey into the unknown.

There are several morsels about behavior I share any chance I get. One is that behavior is a form of communication, the second is that problem behavior typically occurs because of some degree of skill deficit.

A child or adult who is struggling may be able to tell you what they should

have done differently following a difficult time but in the heat of the moment, the challenging behavior occurs. It is helpful to recognize that behaviors serve two primary functions: as a way to gain something (attention or a thing) or escape something (a request or a task). When equipped with this basic understanding, we can work with it. What doesn't help is assuming someone is manipulative, bad, flawed or hopeless. Sure, we all think such things in times of frustration but the compassionate path is one where we provide opportunities for improvement. A positive approach is much more likely to bring about desired behaviors.

Research has shown time and again that positive interactions and positive reinforcement are the keys to lasting behavior change. Certainly, fear-based interactions or punishment may produce immediate results but what we know is that when the fear subsides or the punishment passes, the problem behavior will recur, often with more intensity. Two weeks ago, I wrote about the Golden Ratio, which holds that a healthy environment or relationship is one where there are four positive statements to every one corrective statement (4:1). This applies to positive reinforcement as well. A behavior is much more likely to repeat when it is immediately followed with a positive. Positive reinforcement can come through a statement, object, privilege or activity. What is critical in this is knowing that high rates of reinforcement, close to the occurrence of the behavior, will increase the likelihood of the desired behavior repeating.

Keep in mind that we need to correct undesirable behavior (though keep the Golden Ratio in mind). But if the desirable behavior occurs — reinforce it!

As a school psychologist and behaviorist, I have told many teachers that as much as I wish we could, we cannot change children's behavior. Although we can set up environments, teach skills and provide opportunities for children to behave in a desired manner, we must recognize success and build on that skill. Behavior resides in the individual and often requires support and guidance.

## The bright side of the moon

The squeaky wheel gets the grease. And sometimes the squeaky wheel gets in trouble. When this happens we may find ourselves in a power struggle, which can be very challenging. There is a fancy term in behavioral psychology called the Premack Principle, which states that if a person

wants to do something, they will perform a less desirable activity in order to gain access to it. For example, eating veggies before eating dessert, or doing chores to earn screen time.

Where things get difficult is when items or privileges are taken away because of undesired behavior. Of course this may happen because life can be that way, but if you are experiencing a chronic challenge — like not doing chores — think of the bright side of the moon. If a child loses a privilege because of undesirable behavior, consider instead their earning a privilege for the desired behavior (bright side of the moon). Children do well with the coaching of a caring adult. The chore chart is a perfect example. If an agreed upon chore chart is posted on the refrigerator that outlines the expectations, and the payoff for completing the chores is motivating, it puts the adult in the role of coach. Now the goal is set and the adult can put themselves in the position of the supportive helper. ("I want to help you earn what you are working toward, how can I assist you in making that happen?") This type of interaction comes from the position of support and positivity, and may shift the hardship of repeated challenge.

## Make allowances

Diving into some of this behavioral theory is not intended to be the magic answer to ongoing struggles or create immediate change during this deeply challenging time. Not by any stretch. But in my recent conversations with parents, teachers and administrators, we all are needing to remind each other of what strategies have shown to be effective. We need to regulate our pressure cookers, to let out some steam. The pressure will likely build at times during these days of shelter-in-place. Be gentle with each other. Create schedules. Maintain regular meal times. And try to move your bodies. And if you need support, assistance or safety — reach out to the community. There is a 24-hour mental health crisis line at 445-7715 and for non-crisis COVID-19 anxiety and concerns, you can call 268-2999 from 8 a.m. to 5 p.m., Monday through Friday. For emergencies, call 911.

Take good care, and be well.

●  
*Dr. Peter Stoll is a credentialed school psychologist and administrator and prefers he/him pronouns. He is a program director for the Humboldt County Office of Education and the Humboldt-Del Norte SELPA.*



Rio Dell Mayor  
Debra Garnes  
(right) delivers  
supplies as part  
of the Rio Dell  
Volunteer Corps.  
*Submitted*



# ‘Trying to Lead’

Mayor Debra Garnes is helping tiny Rio Dell do big things

By North Coast Journal Staff  
newsroom@northcoastjournal.com

The April 2 letter was addressed to “My fellow Rio Dellights,” and had all the warmth and reassurance of a fireside chat. It acknowledged the gravity of the situation, noting that none among us — not even our oldest neighbors — has experienced something like this before.

“The stress is greater, the fear is greater and the anxiety is greater. Some of us may feel out of control and to the extent that our daily actions are being driven by a virus, we are out of control,” wrote Rio Dell Mayor Debra Garnes. “However, there are things we CAN do to reassert some control and push back against our common enemy: the coronavirus.”

From there, Garnes’ letter pivots to quickly stressing the need for social distancing — warning that people must understand that 25 percent of people infected by the virus will show no symptoms — before getting to the heart of her message: We may be socially distanced but we can still be “spiritually connected.” She urges residents to “practice humanity ... exercising kindness, compassion, empathy and patience.” She asks them to use technology to stay connected, exercise, put idle time to good use cleaning or gardening, and find something joyful in each of their days, like noticing “a spring flower in bloom or the fog playing through the trees on the bluffs.”

In the face of an unimaginable challenge, Garnes, who was elected to the Rio Dell City Council in 2014 and whose fellow council members voted to make her the city’s first African American mayor last year, is showing that a small city mayor can lead in a big way. In addition to communicating clearly and directly with the city’s nearly 4,000 residents, she’s also put her boots on the ground as a member of the Rio Dell Volunteer Corps, which is helping the riverside hamlet live up to its motto of being the “Warm Hearted City.”

When it became clear a few weeks ago that at least some of Rio Dell’s residents would be forced into self-isolation, Garnes and a group of city leaders — including City Manager Kyle Knopp, chamber President Nick Angeloff and Sara Faught of the Community Resource Center, to name a few — realized a response team would be needed and began seeking out potential members. One could argue this effort is of particular value in Rio Dell, where household incomes are about 25 percent less than the

## Get involved:

Rio Dell residents who need assistance should call city hall during normal business hours at 764-3532. The Rio Dell Volunteer Corps is also welcoming donations, which can be made by mail to Rio Dell Chamber of Commerce, 406 Wildwood Ave., Rio Dell, CA 95562. Donations of goods can also be arranged by calling the chamber at 506-5081 and the city *strongly* encourages residents to also donate to their local food banks.

county average, according to the U.S. Census.

But as Garnes said, the corps is really about supporting neighbors, whatever that looks like.

“We’re really thinking of it in a holistic manner. People 65 and older are self-isolating and sometimes they are alone and they might need someone to talk to, to reach out to,” said Garnes said. “We’re building it as we go. The bottom line is that we’re

trying to do everything we can to help our seniors in any way.”

As of April 7, Knopp said the effort had turned up 20 volunteers and was using a church facility, the chamber building and city hall to get together the supplies. The city manager said they’re providing protective gear to volunteers and need to make sure individuals are vetted and coordination efforts stay manageable.

“So right now, a small number of volunteers can go a long way. But down the road, we may need more,” Knopp said in an email to the *Journal*.

In its first week, the team distributed 25 bags full of canned and dry goods to seniors

*Continued on next page »*



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## NCJ ON THE COVER

Continued from previous page

throughout Rio Dell and has since tallied 36 deliveries. But Knopp said the group has received an additional 12 requests for services from people previously unidentified, meaning they were not registered with any other senior assistance programs through the city. That speaks to the difficulty of reaching some of the targeted demographic of individuals 65 or older.

"We have to create that registry from scratch. Most in this group do not use social media, so we have to go back to traditional outreach, mail and neighbors," he said, adding the city is sending out direct door mailers that will explain how to sign up, noting not every senior wants or needs help.

"We anticipate that the need for this service will increase the longer the shelter-in-place order is maintained," Knopp said. "Our goal is to build capacity and prepare for that increased demand and possible extension of the service beyond the target group of 65 and older, if the need dictates."

But for the time being, Knopp said the group is just trying to make sure anyone 65 or older and people with disabilities know the service is available and that they can contact city hall (764-3532) if they need any form of assistance.

"Our goal has been to reach out to seniors and disabled persons who are under the radar of other assistance programs and need temporary bridge help to get through the shelter-in-place-order," Knopp said. "We're off to a great start."

Garnes' role talking Rio Dell through this crisis and helping to lead direct responses to immediate needs that will keep vulnerable populations in their homes is just the latest turn in a varied and remarkable life. The same could be said of Rio Dell's becoming the first local city with a structured, city orchestrated outreach response to match volunteers with those in need of a helping hand.

Born and raised in Detroit, Michigan, Garnes served as a gunner's mate in the U.S. Navy, spending four years stationed in Hawaii. She then spent years in Sacramento, supervising the removal of hazardous materials like lead and asbestos from the Rancho Seco nuclear power plant. Her life took a dramatic turn at the age of 34, when she found a lump in her breast, underwent a mastectomy and reconstructive surgery, and met the woman — Elizabeth Warren (but not that one) — who would become her wife.

Twenty-five years later, 11 of them married, Garnes would say it was "a shared positivity" that brought her and Warren together. In a radical change from Sacramento, the couple spent a year off the grid — relying on generators and water from a spring — in Zenia, a remote part of Trinity County, while looking for the home they eventually found in Rio Dell. From a distance, it might

seem an odd fit.

Starting in the late 1800s and through the early 1900s, the town formerly known as Wildwood was dominated by rough and tumble Pacific Lumber Co. workers from Scotia, the company town just across the bridge. The now quiet main drag brimmed with bars and brothels, earning the "wild" in the old name that remains on Wildwood Avenue. It was ultimately a need for a police department that pushed Rio Dell toward incorporation in 1965 and for decades its reputation as Scotia's scrappy cousin persisted.

"You'd think you drop an interracial lesbian couple in this place in the mountains," Garnes said, her voice trailing off during an interview last year before adding that the city has shown her the same warm welcome as resident, city councilmember and mayor. "There was a time, apparently, when I would not have been welcome here but I have not had a single incident. I give mad props to the citizens of Rio Dell."

In many ways, it appears the sentiment is mutual as before COVID-19 hit Humboldt, Garnes was already receiving local plaudits for the way she gave voice to community concerns over a large-scale proposed wind farm project on the ridges to the town's south and met with Gov. Gavin Newsom to discuss low-income housing needs.

And now she's helping the community navigate COVID-19, both by being a calming, reassuring voice and helping get people exactly what they need, whether it's a bag of food or just a phone call. Garnes said she initially reached out to Knopp about addressing the community because she realized quickly the stakes are high.

"I felt we needed to get out there and tell people to stay home, just reinforce that message," she said, adding that even in quiet Rio Dell she was noticing empty streets for a few days but then would be alarmed to see people out. "It needs to keep being restated because when you get cabin fever, you just want to ignore it. ... This is one of those times we individually can make the difference. We can shift things. All we have to do is stay at home. It isn't deep."

Neither is the concept of the volunteer corps, it's just a way for neighbors to help neighbors get through a trying time.

"We are trying to lead, to be ahead of as much as we can," Garnes said. "The whole united part of the United States — we need to see that. We need the whole country to be in lockstep or it's going to be a disaster — it's going to be deadly." ●

North Coast Journal staffers Jennifer Furniko Cahill, Iridian Casarez and Kimberly Wear contributed to this report, which also included reporting from the Summer/Fall 2019 issue of the Humboldt Insider.



# Taking (Some of) the Contact out of Take-out

## Restaurants and staff are trying to minimize COVID-19 exposure

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

In the Friday afternoon lull between lunch and dinner, Eduardo Lopez still has to put the phone down to help customers at Toni's 24-hour Restaurant. "It's enough to keep us busy," he says. Despite the suspension of table service under the COVID-19 shelter-in-place order, he says, "we'll get our rushes around regular times."

Restaurants offering only take-out or curbside pick-up service are considered essential businesses under both state and county shelter in place orders. And while many have gone into a pandemic-related shutdown, some are running with skeleton crews to pass food to customers with as little contact as possible. *The City*, a nonprofit reporting outlet, ran a startling piece on how New York City neighborhoods hit hardest by COVID-19 — with nearly double the infection rates of the rest of the city — are in Queens, where service workers in "construction, food service, janitorial services and other jobs that continued well into the outbreak" reside, bringing their exposure into sharp focus.

The more contact — with money, with people and with any surfaces they might touch — the riskier it is not only for customers but for staff, who serve dozens of people a day as officials urge the rest of us to hunker down and isolate at home.

Humboldt County Public Health Officer Teresa Frankovich said when people consider heading to a restaurant to get some takeout they should think about the intent of the shelter-in-place order.

"The intent of shelter in place is to create as much distancing as possible and to limit the number of times you are outside your home," she said. She hopes people will plan, shop and prepare meals at home as much as possible during this, as making more trips out "only increases their exposure and commu-

nity exposure." But Frankovich added she appreciates restaurants providing an option for people who either cannot cook at home or are out working essential jobs all day.

Lopez, who just turned 18, has been at Toni's about a year and a half, doing "a little of everything," from prep and serving to dish washing and making milkshakes. Since shifting to takeout, there are just three or four workers per shift, down from the usual six or seven. And now his duties include running orders out to cars.

Customers place orders by phone (some from the parking lot) and 15 to 20 minutes later they come in and pay. If food isn't ready, staff, wearing rubber gloves, will run it out to the customer's car and hand it over, which means breaking that 6-foot boundary. Walk-ins wait in their cars or under the awning at the restaurant's entrance, where a sign lets them know they can't congregate inside.

Lopez says the staff tries to maintain distance and since there are fewer of them, they mostly stay the recommended 6 feet apart. But, he admits, "Because it's a small kitchen, we have to pass by once in a while." Once clocked in, Lopez says workers wash and snap on gloves, and they're fastidious about wiping door handles, register screens and the ATM.

The afternoon Lopez spoke with the *Journal*, Frankovich had just announced her recommendation that everyone wear masks or other face coverings when on essential trips out of their homes. The staff hadn't yet adopted the practice, which is not yet included in the Department of Health and Human Services' guidelines for businesses, but Lopez said he was starting to see more customers with their own gloves or masks, "maybe a bandana or something like that."

Lopez says concern for others fuels his vigilance. "I'm ... a younger worker; I'm not

too concerned about it. But I try really hard to keep clean myself. ... Even if it wouldn't be that bad for me, I worry that I can get it and it would spread through me."

For now, he's "just grateful that some of us workers still have a chance to provide for our families."

The phone is ringing at Larrupin Café, too, where floor manager Kathy Carpenter is busy taking orders for pick-up and delivery. To minimize contact, she encourages people to pay by credit card over the phone. That allows her to peek out from the restaurant and — with gloved hands — drop bagged dinners on a bench out front as soon as they call to say they've arrived. There's a jar for cash payments and tips, which she says have been good. "People have been super, super generous," she says.

Owner Paul Fitzgerald is handling deliveries to Trinidad, Arcata and McKinleyville himself, texting when he's en route and wearing gloves to leave the meals on customers' doorsteps, unless cash has to change hands.

"We have a very small staff so we're able to maintain social distance," says Carpenter, who's one of four on for the evening, including her boss — a far cry from the two-story Trinidad icon's usual staffing. "We have a pretty spread out kitchen and we have two chefs and I'm picking up orders," she explains.

A staff of four isn't unusual for Surfside Burger Shack, says co-owner Amanda Fernandez, who hasn't had to lay anyone off. It's an advantage that keeps the overhead low in uncertain times and it allows the workers to keep their distance in the small but open kitchen. The cook works at a 6-foot grill and prep happens in a separate area. Still, she says there are times when passing one another in a 2-foot space is unavoidable.

"We've outfitted every staff member with

### Picking up something to eat?

#### Protect yourself and food service workers:

- Remember: Contact increases risk. Act like you have the virus and try not to spread it.
- If you feel at all **unwell**, stay home.
- Order and pay online or over the phone, tip included. Avoid cash transactions.
- Tip generously — food service workers are risking their health to feed you, often with inadequate health insurance.
- Wash and/or sanitize your hands before accepting your food. (Would you lick your steering wheel? Sanitize.)
- Wear a mask or face covering to reduce your chance of passing infection, even if you don't have symptoms.
- Waiting in your car? Tell staff to leave it on your hood and get it when they leave.
- Wipe down and sanitize the outsides of containers, and transfer food to your own clean dishes at home.

N95 masks and gloves. We had some [masks] in our woodshop at home," she says. "From the moment we walk in to the moment they walk out, they're wearing those N95 masks and gloves." Fernandez says she also gave them cloth masks donated by the Mask up Humboldt Facebook group to use on their own time. Closing Tuesdays to "do a huge deep cleaning" and stepped-up sanitizing of every surface have become the new norm.

Surfside customers call in their orders and pick them up from the inside counter or a table outside. "We just kinda bag their food up, set it down and step away," says Fernandez. Staff also run bags of burgers out to customers' cars, which means getting within arm's reach, sometimes, she says, leaning back and away as best they can. In those moments she's grateful for the masks.

The tips have been good, even if she suspects some folks just don't want to touch their change. And Fernandez is cautiously optimistic about the future. "It's gonna be difficult but because we have such a small crew, I think we can make it. ... [we're] adapting on the day to day, which is just normal life but pandemic style." ●



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# Calendar

## April 9 – 16, 2020



Vimeo

Miss live theater? Tune into **Dell'Arte's Vimeo channel** at [www.vimeo.com/dellarte](http://www.vimeo.com/dellarte). It'll give you a look at its Arts in Pelican Bay Prison program, snippets, shorts, stories and *Play for an Empty Theatre: With Love from Michael Foster* (free). Bravo.



L.W. Ariyapala Wijesooriya's Devil Dancer Mask.  
Via Facebook

Need a break from everyone's sourdough photos? The treasures of the **Morris Graves Museum of Art** are on display via the @humboldtartscouncil Instagram account, with seldom-seen paintings, sculptures, masks and more, as well as biographies of the artists who created them. If you're more of a Facebook user, you can find them at the Morris Graves Museum of Art page, as well.



Extra Ordinary

Pop some popcorn and support your local arthouse theater. **Miniplex and Minor Theater Movie Premiers** allows you three to five days of access to indie films for around \$12. Visit [www.miniplexevents.com](http://www.miniplexevents.com) and [www.minortheater.com](http://www.minortheater.com) to peruse the offerings, including *Slay the Dragon*, *Balloon*, *Sorry We Missed You*, *Bacurau*, *Extra Ordinary*, *Zombi Child*, *Corpus Christi* and *And Then We Danced*.

### Bulletin Board

**Friends of the Dunes** is now accepting entries for the Solitary Bee Art Contest for kids pre-K through eighth grade, with a little help from their parents. Participants are required to complete a short educational reading and video before submitting artwork to [info@friendsofthedunes.org](mailto:info@friendsofthedunes.org) by April 30. Winners will be chosen from each grade category. Prizes include Friends of the Dunes family membership, Northern California Beach and Dune Pocket Guide, posters and bug boxes. All entries will be shared on [www.friendsofthedunes.org](http://www.friendsofthedunes.org) and social media platforms.

**The city of Arcata** encourages community members to practice zero waste while sheltering in place. The Environmental Services Department recommends composting food, food-soiled paper, garden and grass clippings to help keep these materials out of the landfill. The city is offering free delivery of a backyard compost bin, which may be purchased for the discounted price of \$25 by contacting the Environmental Services Department by email at [eservices@cityofarcata.org](mailto:eservices@cityofarcata.org) or by calling 822-8184. Proof of residency within Arcata city limits is required. For more information on zero waste practices, visit [www.cityofarcata.org](http://www.cityofarcata.org) or call the Environmental Services Department.

### Reminders:

**Redwood National and State Parks** has closed parking lots to vehicles in order to slow the spread of COVID-19. Davison Road, Howland Hill Road and the Newton B. Drury Parkway are closed to vehicles. Coastal Drive and Bald Hills Road remain open. The parks remain open to day-use walkers, hikers and bicyclists. Most facilities are closed, including campgrounds, visitor centers, day use areas and restrooms.

**The Humboldt County Animal Shelter** will be closed to the public until the shelter-in-place order is lifted, though staff will still be feeding and caring for the animals, as well as taking calls Monday through Friday from 8 a.m. to 4:30 p.m. If your pet is impounded at the shelter, call 840-9132 to make pick-up arrangements. If you leave a message, your call will be returned.

**Ferndale Repertory Theatre Scholarship Extension.** Graduating high school seniors interested in pursuing a career in the performing arts can apply for the 30th annual \$500 scholarship by April 17. All applicants must be recommended by their drama or English teacher, have a 3.5 or better GPA and have expressed a continuing desire to pursue the arts through participation with high school and community arts organizations. Applications can be found at [www.ferndalerep.org/educate/scholarship](http://www.ferndalerep.org/educate/scholarship) or by calling 786-5483.

### Get Help/Give Help

**Mad River Community Hospital:** Donations of PPE can be made at the main hospital entrance Monday through Friday, noon to 2 p.m. Facilities in need of masks can reach out to the Facebook group Humboldt Coronavirus Mask Makers for donations.

**Emergency Grants Available to Help College Students Stay in School:** In response to the COVID-19 pandemic, the Mission Asset Fund (MAF) has created a \$500 California College Student Emergency Support Fund. This is a one-time \$500 hardship grant for low-income students who are currently enrolled full time and have already completed 24 semester units. Undocumented immigrants, foster youth and those who are housing insecure are urged to apply. After approval, students can expect to receive the money via electronic transfer within 72 hours. Apply online at [www.missionassetfund.org/ca-college-student-grant](http://www.missionassetfund.org/ca-college-student-grant). Funds are expected to go quickly. Have your transcript, financial aid eligibility (any financial aid statement or award letter that shows EFC or California College Promise Grant Fee Waiver) and electronic banking login information (not required) ready. **Humboldt County Property Tax Waiver.** After April 10, tax collectors will begin the process of waiving late

payment penalties based on reasonable cause and individual circumstances including illness or quarantine as a result of the COVID-19 crisis. Information on applying for penalty waivers will be posted at [www.humboldt.gov.org/2088/Property-Tax-Information](http://www.humboldt.gov.org/2088/Property-Tax-Information). But taxes remain due April 10 and those who can are encouraged to pay on time to keep essential local services funded.

**SoHum Health's hospital and clinic staff** are calling seniors residing in the area to offer a wellness check, information on grocery delivery services via the Healy Senior Center, prescription refills and delivery, and Tele-health visits with their clinic provider, if needed. Seniors and others with critical health issues should not wait for a call. Please call SoHum Health's Senior Life Solutions at 922-6321 to speak with or leave a message for a referral coordinator.

**Humboldt Area Foundation** and its affiliate the **Wild Rivers Community Foundation** (in Crescent City) have launched the **COVID-19 Regional Response Fund** to address the immediate and emerging needs of the region's most vulnerable. Civic groups, individuals and community partners can join this regional effort. Tax-deductible contributions can be made by mail, [www.hafoundation.org](http://www.hafoundation.org) or in person. Grants from the fund will be made on a rolling basis to nonprofits, other charitable organizations and Native Indigenous organizations in Trinity, Humboldt, Del Norte and Curry counties. For more information, visit [www.hafoundation.org](http://www.hafoundation.org) or call 442-2993.

**Pacific Gas and Electric Co. (PG&E)** is implementing a series of billing and service modifications effective immediately to support customers experiencing hardships as a result of the COVID-19 pandemic. PG&E will: suspend service disconnections for non-payment and waive new service deposit requirements for residential and small business customers; implement flexible payment plan options; and provide additional support for low-income and medical baseline customers. Customers can also take advantage of PG&E's California Alternate Rates for Energy Program, the federally funded Low-Income Home Energy Assistance Program, and some residential customers requiring electricity-powered medical equipment may qualify for Medical Baseline, which is not based on income. For more information, visit [www.pge.com/covid19](http://www.pge.com/covid19).

### Resources for Kids

From **Humboldt County Department of Health and Human Services:** Redwood Adventures has outdoor activity ideas — just make sure you and the children maintain a 6-foot distance from other people. Visit [www.redwood-adventures.org/students-games.php](http://www.redwood-adventures.org/students-games.php).

**Check out the following links on how to start a garden** and backyard activities for children: [www.treehugger.com/lawn-garden/diy-seed-pots-common-household-items-starting-seeds-indoors.html](http://www.treehugger.com/lawn-garden/diy-seed-pots-common-household-items-starting-seeds-indoors.html) and [www.naturespath.com](http://www.naturespath.com).

From the **KEET Facebook** page: Enter the Create Crafts Challenge for prizes and a chance to get your own online crafting show. For details, go to [www.CreateTV.com/challenge](http://www.CreateTV.com/challenge).

From **Humboldt County Office of Education:**

**Create CA** offers vital resources highlighting the power of art to heal with its #CreateAtHome campaign. Get resources for parents, teachers and students, including at-home creative lessons, at [www.artsintegration.net/CreateAtHome](http://www.artsintegration.net/CreateAtHome).

**Free Meal Days and Bus Routes for Eureka City**

**Schools:** Breakfasts and lunches will be distributed at Alice Birney, Lafayette, Grant and Washington elementary schools, and Eureka High School. On-site meal pick-up will be provided on Monday, Wednesday and Friday from 11 a.m. to 1 p.m., with two days' worth of meals on Mondays and Wednesdays. The bus meal delivery service is Monday, Wednesday and Friday, starting at approximately 8 a.m., with two days' meals Monday and Wednesday. Visit the Eureka City Schools' website

for times. All children ages 18 and under are eligible to receive breakfast and lunch and they don't need to be present at the bus stop or school site.

**Homeschooling Facebook group** has experienced homeschoolers to support friends and neighbors who may be homeschooling temporarily during the coronavirus pandemic: [www.facebook.com/groups/temphomeschoolers](http://www.facebook.com/groups/temphomeschoolers).

**MIND Institute Research** is offering no-cost access to a free math instructional program for students in grades K-8. Free through June 30. [www.stmath.com/coronavirus](http://www.stmath.com/coronavirus).

**Scholastic** magazine offers free, online learning experiences for kids of all ages: [www.classroommagazines.scholastic.com/support/learnathome](http://www.classroommagazines.scholastic.com/support/learnathome).

**Autism Focused Intervention Resources & Modules (AFIRM)** offers a COVID-19 toolkit with free resources for supporting children and youth with ASD during uncertain times. Topics include COVID-19, social narratives, hand washing task analysis and calming strategies. [www.afirm.fpg.unc.edu](http://www.afirm.fpg.unc.edu).

### Virtual World

**Weekly Check-in with Rep. Huffman.** Wednesdays, noon. Virtual World, online. Rep. Jared Huffman (D-San Rafael) will hold Facebook Live check-ins to engage with his constituents on the latest updates regarding the novel coronavirus pandemic and to answer questions about the federal response. More information at [www.huffman.house.gov/coronavirus](http://www.huffman.house.gov/coronavirus). Free. [www.facebook.com/rephuffman](http://www.facebook.com/rephuffman).

**College of the Redwoods Juried Student Exhibition.** April 14-May 14. Virtual World, online. A virtual show of student work on view at the Creative Arts Gallery website, where visitors can explore the exhibition in full. You can also see work posted daily on Instagram at @redwoodsgallery and at [www.facebook.com/collegeoftheredwoodsgallery](http://www.facebook.com/collegeoftheredwoodsgallery). This year's judge is Gina Tuzzi. Free. [www.redwoods.edu/artgallery](http://www.redwoods.edu/artgallery).

**Miniplex Movie Premiers.** Virtual World, online. Support the Miniplex and enjoy fresh arthouse cinema at home. Check out films for three to five days (details online), including: *Bacurau*, *Extra Ordinary*, *Zombi Child*, *Corpus Christi* and *And Then We Danced*. \$12. [www.miniplexevents.com/movies](http://www.miniplexevents.com/movies).

**Minor Movies.** Virtual World, online. Support the Minor from your home theater. Check out films for three to five days (details online), including: *Slay the Dragon*, *The Wild Goose Lake*, *Saint Frances*, *Once Were Brothers*, *The Whistlers*, *Balloon* and *Sorry We Missed You*. \$12. [www.minortheater.com](http://www.minortheater.com).

**The J Street Regulars Radio Hour.** Mondays-Fridays, 7-8 p.m. Virtual World, online. As part of the Sanctuary's array of "shelter in place" offerings, tune in for a live-stream performance broadcast from the Great Hall via Facebook Live. One of the J Street Regulars hosts, performing live and taking requests. April schedule: James Zeller on Mondays and Fridays; Daniel Nickerson on Tuesdays and Thursdays; Samara Jade on Wednesdays. Free, donations via website welcome. [nanieldickerson@gmail.com](mailto:nanieldickerson@gmail.com). [www.sanctuaryarcata.org/donate](http://www.sanctuaryarcata.org/donate). 822-0898.

**Club Triangle Streaming Saturdays.** Saturdays. Virtual World, online. Weekly online queer variety show. Submissions accepted daily then shared on Streaming Saturdays all day. Post your art on social media and tag @clubtriangle. #coronoshebettadont. [www.instagram.com/clubtriangle](http://www.instagram.com/clubtriangle). [www.facebook.com/clubtriangle707](http://www.facebook.com/clubtriangle707). Free.

**Revenge of the Artists: A Virtual Cabaret.** Noon to 3 p.m., Saturday, April 11. To participate, send a video of you performing your favorite artistic medium (reciting a monologue, singing, slam poetry, dance, time stop video of your makeup routine or any other artistic expression) to [loudmouthblackgirl@gmail.com](mailto:loudmouthblackgirl@gmail.com) by April 10. Free. Then tune in April 11 at noon to see the show: [www.facebook.com/events/s/revenge-of-the-artist-2-a-](http://www.facebook.com/events/s/revenge-of-the-artist-2-a-)

*Continued on next page »*



## NCJ CALENDAR

Continued from previous page

virt/150906676265247/?ti=icl.

**Humboldt Juggling Festival.** April 10-12, 10 a.m. Virtual World, online. Juggling, sleight of hand, spinning, staff, poi, hooping, rings, whips, wands, clowning, clubs, diabolos, devil sticks, acrobatic yoga, unicycle, comedy, clowning, courage, kindness and cooperation. See the website for workshop schedule and performances.

Join the virtual festival via Zoom each day. [www.zoom.us/j/329-945-400](http://www.zoom.us/j/329-945-400). [www.HumboldtJugglingSociety.org](http://www.HumboldtJugglingSociety.org).

**Hip Hip Dance Class with Cleo.** Mondays, 2-3 p.m. Virtual World, online. Let loose with some easy footwork and isolation, while finding your own groove. Wear stretchy clothes and prepare space to jump around and shake what your mama gave ya. Donations of any amount can be sent through PayPal under Cleo\_deorio@yahoo.com. Pay what you can. [cleo\\_deorio@yahoo.com](mailto:cleo_deorio@yahoo.com) or Venmo under @cleodeorio. [www.youtube.com/channel/UC3K\\_ieEdMDotn2qjZclKh2g](https://www.youtube.com/channel/UC3K_ieEdMDotn2qjZclKh2g). (567) 242-8953.

**Modern Dance Class with Cleo.** Thursdays, 10-11 a.m. Virtual World, online. A relaxing and explorative modern class from the comfort of your own home. Find balance, strength and flexibility amid the quarantine stress. Wear stretchy clothes and prepare space to sprawl out on the floor. This class will be hosted on YouTube Live and is pay-what-you-can. Donations of any amount can be sent through PayPal under Cleo\_deorio@yahoo.com or Venmo under @cleodeorio. Pay what you can. [cleo\\_deorio@yahoo.com](mailto:cleo_deorio@yahoo.com). [www.youtube.com/channel/UC3K\\_ieEdMDotn2qjZclKh2g](https://www.youtube.com/channel/UC3K_ieEdMDotn2qjZclKh2g).

**Zumba Live with Tigger.** Tuesdays and Thursdays at 5:30 p.m. Virtual World, online. Via Facebook Live and Zoom. Find Tigger Bouncer Custodio on Facebook for details.

**Cultural, Historical and Scientific Collections You Can**

**Explore Online.** Ongoing. Virtual World, online. Tour world-class museums, read historic cookbooks, browse interactive maps and more. Visit [www.smithsonianmag.com/smart-news/68-cultural-historical-and-scientific-collections-you-can-explore-online-180974475](http://www.smithsonianmag.com/smart-news/68-cultural-historical-and-scientific-collections-you-can-explore-online-180974475). Free.

**Boston Children's Museum Walk-through Tour.** Ongoing. Virtual World, online. See the fun, educational exhibits from your couch. Free. [www.bostonchildrensmuseum.org/museum-virtual-tour](http://www.bostonchildrensmuseum.org/museum-virtual-tour).

**Free Virtual Field Trips.** Ongoing. Virtual World, online. For kids (and grown-ups, too!) Visit the Great Wall of China, Anne Frank House, Monterey Bay Aquarium, International Space Station, The Louvre Museum and more. [www.freedomhomeschooling.com/virtual-field-trips](http://www.freedomhomeschooling.com/virtual-field-trips). Free.

**Goodnight with Dolly.** Thursdays, 4 p.m. Virtual World, online. "Goodnight with Dolly" will continue every week on Thursday nights until June 4. Dolly Parton will read a book carefully chosen for appropriate content from the Dolly Parton's Imagination Library. [www.facebook.com/dollysimginationlibrary](https://www.facebook.com/dollysimginationlibrary).

**Road Dahl Museum Read Along.** Ongoing. Virtual World, online. Fun and engaging resources for educators, parents and kids. [www.roaddahl.com/things-to-do-indoors](http://www.roaddahl.com/things-to-do-indoors). Free.

**San Diego Zoo Kids.** Ongoing. Virtual World, online. Zoo videos, activities and games. [www.kids.sandiegozoo.org](http://www.kids.sandiegozoo.org). Free.

**Yellowstone National Park Virtual Field Trip.** Ongoing. Virtual World, online. Explore Mud Volcano, Mammoth Hot Springs and more. [www.nps.gov/yell/learn/photos-multimedia/virtualtours](http://www.nps.gov/yell/learn/photos-multimedia/virtualtours). Free.

**Gardens You Can Virtually Tour.** Ongoing. Virtual World, online. From Claude Monet's garden in France to the Hawaii Tropical Botanical Garden to Waddesdon

Manor in England. Visit [www.housebeautiful.com/lifestyle/gardening/g31746949/gardens-you-can-virtually-tour](http://www.housebeautiful.com/lifestyle/gardening/g31746949/gardens-you-can-virtually-tour). Free.

**Buckingham Palace, Mount Vernon and More Historic Homes You Can Virtually Tour.** Ongoing. Virtual World, online. Enjoy the stunning architecture and interior design of many significant homes from the comfort of your own couch. Go to [www.housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtually-tour](http://www.housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtually-tour). Free.

**Explore Mars.** Ongoing. Virtual World, online. Explore the surface of Mars on the **Curiosity** rover. [www.accessmars.withgoogle.com](http://www.accessmars.withgoogle.com). Free.

**Monterey Bay Aquarium Live Cams.** Ongoing. Virtual World, online. View different live cams of Monterey Bay Aquarium exhibits. [www.montereybayaquarium.org/animals/live-cams](http://www.montereybayaquarium.org/animals/live-cams). Free.

**Panda Cam at the Zoo Atlanta.** Ongoing. Virtual World, online. [www.zooatlanta.org/panda-cam](http://www.zooatlanta.org/panda-cam). Free.

**NASA Space Center's Hubble Space Telescope.** Ongoing. Virtual World, online. Take a virtual tour of NASA Space Center's Hubble Space Telescope. [www.nasa.gov/content/goddard/hubble-360-degree-virtual-tour](http://www.nasa.gov/content/goddard/hubble-360-degree-virtual-tour). Free.

**The Social Distancing Festival.** Virtual World, online. A site for celebrating art from all over the world. Tune in for live streams of music, theater, storytelling, performance art and more. [www.socialdistancingfestival.com](http://www.socialdistancingfestival.com). Free.

**The Royal Opera House Free Streaming Opera/Ballet.** April 17, noon. Virtual World, online. Tune in to The Royal Opera House of London's Facebook page or YouTube channel and bring a program of high art into your living room: April 17, **The Metamorphosis** (Royal Ballet, 2013). Free.

**Quarantine Sing-a-long.** Ongoing, 7 p.m. Virtual World, online. A Facebook group to join if you like fun group sing-

ing. Song of the day posted at 3 p.m., singing starts at 7 p.m. [www.facebook.com/groups/quarantinesingalong](https://www.facebook.com/groups/quarantinesingalong). Free.

**Fender** is offering three months of free guitar lessons to the first 500,000 who sign up. To sign up, go to the [www.try.fender.com/play/playthrough](http://www.try.fender.com/play/playthrough).

**Winchester Mystery House Virtual Tour.** Virtual World, online. An exploration of the famously spooky home while it's closed for the COVID-19 pandemic. Follow Winchester Mystery House's Facebook page for the next opportunity to tune in for a walkthrough of the house, which will stream on select days at 1 p.m. Free. [www.winchestermysteryhouse.com/video-tour](http://www.winchestermysteryhouse.com/video-tour).

**Drag Queen Story Hour.** Virtual World, online. Glitter, wigs and stories for the kids. Visit [www.facebook.com/pg/dragqueenstoryhour/events](https://www.facebook.com/pg/dragqueenstoryhour/events) to see who's reading when and hear a fabulous story. Free.

**Virtual Marine Camp for Kids.** Mondays, 11 a.m. Virtual World, online. Seattle-based Oceans Initiative marine biologists and parents Erin Ashe and Rob Williams livestream Mondays simultaneously on Instagram and Facebook. No need to sign up. Just like and follow their pages, and they'll "see" you Mondays at 11 a.m. Free. [@oceansinitiative](https://www.facebook.com/OceansInitiative), [www.oceansinitiative.org/blog](http://www.oceansinitiative.org/blog).

**Socially Distant Fest.** Another Facebook group for virtual connection and entertainment with 57,000 members and growing. From the group's "About" page: "This group has been created to bring some entertainment to those of us that are isolated/quarantined or distanced socially because of the COVID19 pandemic. We welcome performers of all backgrounds (musicians, poets, puppeteers, fire spinners, etc.) to share their talents with us! We will have a showcase every Sunday." Email [howdy@sociallydistantfest.com](mailto:howdy@sociallydistantfest.com) to perform. Find it at [www.facebook.com/groups/sociallydistantfest](https://www.facebook.com/groups/sociallydistantfest). ●



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**North Coast Naturopathic Medicine**

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**Dr. Miriam  
Peachy, ND**



**Dr. Deborah  
Anqersbach, ND**

We are continuing to see our patients; all appointments are being done via phone consult or webcam to ensure that you will not be at risk for exposure to coronavirus.

We are especially concerned for our chronically ill patients during this time of increased risk and encourage them to call the office to schedule a phone consult.

Please call North Coast Naturopathic Medicine at 707-840-0556 or visit [ncnatmed.com](http://ncnatmed.com) to find out how you can support your immune system and stay healthy during this time.

**Now Accepting  
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*No POWER SHUT-OFFS*

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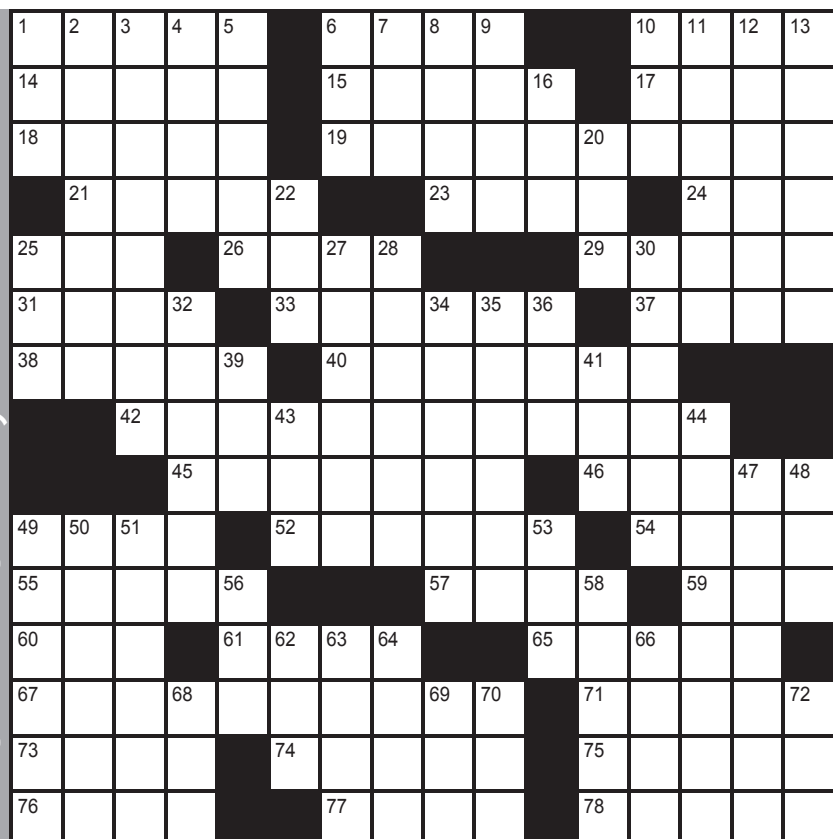
**707-443-5652**



*Sustainable North Coast*

KEY PLAYER IN THE SUSTAINABLE CULTURE OF HUMBOLDT COUNTY





## DIRECTOR'S CUT

ANSWERS NEXT WEEK!

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## ACROSS

1. Actor Killam of both "Mad TV" and "SNL"  
 6. '90s-'00s first baseman Martinez  
 10. "Begone!"  
 14. "She \_\_\_\_\_ meat today" ("The Taming of the Shrew")  
 15. Swim with the fishes, maybe  
 17. Newswoman Paula  
 18. Prideful?  
 19. "According to the grapevine ..."  
 21. Sales talk  
 23. What the Titanic had a disastrous encounter with  
 24. French "you"  
 25. Suffix with legal  
 26. Baseball's "Slammin' Sammy"  
 29. Letter-shaped bridge support  
 31. Ones with good habits?
33. Greek philosophical group  
 37. Cousin of -trix  
 38. Particulars, in slang  
 40. Scamps  
 42. DVD special feature ... or what's seen in 1-/6-Across, 21-/23-Across, 55-/57-Across and 76-/77-Across  
 45. Mauna Loa, e.g.  
 46. "Cheeseburger, large fries and a Coke," e.g.  
 49. Prefix with potent or present  
 52. Alfred who plays Diego Rivera in "Frida"  
 54. Larger-than-life  
 55. Unforeseen problem  
 57. \_\_\_\_\_-a-doodle-doo  
 59. It abuts the Fla. panhandle  
 60. The Beatles' "\_\_\_\_\_ Mine"  
 61. Third-longest river in Europe, after the
- Volga and Danube  
 65. Kid  
 67. It might have two stars  
 71. Gary of "Lethal Weapon"  
 73. "Cómo \_\_\_\_\_ usted?"  
 74. "Throw \_\_\_\_\_ From the Train" (1987 Danny DeVito comedy)  
 75. Gladiator's milieu  
 76. Right on the map  
 77. Walnut, for one  
 78. Low opera voice
8. Like an arm that's been slept on too long  
 9. Member of the woodwind family  
 10. Singer with the 2017 #1 R&B album "Ctrl"  
 11. Accelerate  
 12. LeBron James, by birth  
 13. Punctual  
 16. Opposite of departure: Abbr.  
 20. 6 ft., maybe  
 22. The "L" of UCLA  
 25. Extremity  
 27. Mediterranean building material  
 28. From the heart?  
 30. Have no doubt  
 32. Gloria Bunker's married name  
 34. Widely recognized  
 35. Prefix with logical  
 36. Ashley, to Mary-Kate  
 39. Sign of a packed house  
 41. Sgt., e.g.
43. Dutch \_\_\_\_\_ disease  
 44. Six-point completions for a QB  
 47. Actresses Atkins and Brennan  
 48. Label for Miley Cyrus' "Wrecking Ball"  
 49. "Intriguing ..."  
 50. Drink served in a champagne flute  
 51. 2000s events in North Korea, for short  
 53. Play a part (in)  
 56. "Ben-\_\_\_\_"  
 58. Skewered dish  
 62. Kind of sleep  
 63. Admit frankly  
 64. Wheels of fortune?  
 66. Vibrant glow  
 68. Bit of horse feed  
 69. Genre for Fall Out Boy  
 70. Pocketful or mouthful, say  
 72. NBA legend \_\_\_\_\_ Ming

## DOWN

1. "Qué \_\_\_\_\_?" ("How are you?")  
 2. Up for debate  
 3. Worked on, as a cold case  
 4. Latin years  
 5. Snoops (around)  
 6. Co. that launched Dungeons & Dragons  
 7. Critical hosp. area

## WORKSHOPS &amp; CLASSES

List your class – just \$4 per line per issue! Deadline: Friday, 5pm.

Place your online ad at [classified.northcoastjournal.com](http://classified.northcoastjournal.com)

or e-mail: [classified@northcoastjournal.com](mailto:classified@northcoastjournal.com)

Listings must be paid in advance by check, cash or Visa/MasterCard.

Many classes require pre-registration.

## Dance/Music/Theater/Film

**GUITAR/PIANO LESSONS.** All ages, beginning & intermediate. Seabury Gould (707)845-8167. (DMT-1231)

**REDWOOD RAKS WORLD DANCE STUDIO, OLD CREAMERY IN ARCATA.** Belly Dance, Swing, Tango, Hip Hop, Zumba, African, Samba, Capoeira and more for all ages. (707) 616-6876 [www.redwoodraks.com](http://www.redwoodraks.com) (D-1231)

**STEEL DRUM CLASSES.** Weekly Beginning Class: Level 2 Beginners Class Fri's. 11:15a.m.-12:45p.m. Beginners Mon's 7:00p.m.-8:00p.m. Pan Arts Network 1049 Samoa Blvd. Suite C (707) 407-8998. [panartsnetwork.com](http://panartsnetwork.com) (DMT-1231)

## Fitness

**SUN YI'S ACADEMY OF TAE KWON DO.** Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit [www.sunyisarcata.com](http://www.sunyisarcata.com), 825-0182. (F-1231)

## 50 and Better

**OSHER LIFELONG LEARNING INSTITUTE (OLLI).** Classes interrupted, but lifelong learning continues. Find opportunities to connect @HSUOLLI (707) 826-5880 or email to [olli@humboldt.edu](mailto:olli@humboldt.edu). Find us on facebook.com/HSUOLLI (O-1231)

**OLLI ONLINE: BASIC TAP DANCE WITH MELISSA HINZ.** Learn how to make music with your feet. Enjoy the great benefits of tap dancing including balance, rhythm, stronger brain to body connection along with strengthening your feet, legs, and core. Fri., April 24-May 22 from 10:30-11:30 a.m. OLLI Members \$60. Sign up today! 826-5880 or [www.humboldt.edu/olli](http://www.humboldt.edu/olli) (O-0409)

**OLLI ONLINE: CONSPIRACY STUDIES: A JOURNALISTIC APPROACH TO MODERN HISTORY WITH STEVEN SAINT THOMAS.** Participants will combine historical research methods with investigative journalism techniques to study the validity of various conspiracy theories. Tues., April 21-May 14 from 6-8 p.m. OLLI Members \$60. Sign up today! 826-5880 or [www.humboldt.edu/olli](http://www.humboldt.edu/olli) (O-0409)

**OLLI ONLINE: PODCAST SWAP MEET WITH MOLLY CATE.** We'll learn about the rise of this new way to share information and listen to some thrilling episodes. You are invited to share your favorite podcasts with the group each week. Thurs., April 9-May 7 (no class April 30). 10:30 a.m.-12:30 p.m. OLLI Members \$70. Sign up today! 826-5880 or [www.humboldt.edu/olli](http://www.humboldt.edu/olli) (O-0409)



YOUR CLASS HERE  
442-1400 \*314

**OLLI ONLINE: YOUTUBE FOR BEGINNERS: EXPANDING YOUR AWARENESS OF THE WORLD OF YOUTUBE WITH TUCK ENGELMANN.** Explore the addictive rabbit hole that is Youtube. Learn how to navigate like a pro and share some of your favorite videos. Wed., April 15 from 1-3 p.m. OLLI Members \$35. Sign up today! 826-5880 or [www.humboldt.edu/olli](http://www.humboldt.edu/olli) (O-0409)

## Spiritual

**EVOLUTIONARY TAROT** Ongoing classes, private mentorships and readings. Carolyn Ayres. 442-4240 [www.tarotofbecoming.com](http://www.tarotofbecoming.com) [carolyn@tarotofbecoming.com](mailto:carolyn@tarotofbecoming.com) (S-1231)

**HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP.** We are here to change lives with our love. Services at 9am and 11am on Sunday. Child care is provided. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, [www.huuf.org](http://www.huuf.org). (S-0130)

## LIFE WITHOUT LIMITS

Sequoia Conference Center  
May 15th 16th 17th  
[DavidSandercott.com](mailto:DavidSandercott.com)

**SOTO ZEN MEDITATION** Sunday programs and weekday meditation in Arcata locations; Wed evenings in Eureka, [arcatazengroup.org](http://arcatazengroup.org) Beginners welcome, call for orientation. (707) 826-1701 (S-1231)

## Therapy &amp; Support

**ALCOHOLICS ANONYMOUS.** We can help 24/7, call toll free 1-844 442-0711. (T-1231)

**SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS?** Confidential help is available. 707-825-0920, [saahumboldt@yahoo.com](mailto:saahumboldt@yahoo.com) (T-1231)

**SMART ON ZOOM** 707 267 7868. (T-0423)

**SMOKING POT? WANT TO STOP?** [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org) (T-1231)

## Wellness &amp; Bodywork

**DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL.** Herbal & Traditional Healing in Greece with Thea Parikos. May 22 - June 2, 2020. Discover the beauty, aromas, traditional and modern uses of many medicinal plants on this amazing journey of learning to the Aegean island of Ikaria. Beginning with Herbs. Sept 16 - Nov 4, 2020, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. 10-Month Herbal Studies Program. Feb - Nov 2021. Meets one weekend per month with three camping trips. Learn in-depth material medica, plant identification, flower essences, wild foods, formulations and harvesting. Register online [www.dandelionherb.com](http://www.dandelionherb.com) or call (707) 442-8157. (W-0507)

## LAST WEEK'S ANSWERS TO BUDWEISER

N	S	A		F	S	T	O	P		M	O	B	I	L
B	I	D		O	H	A	R	E		O	N	I	C	E
A	X	E		R	U	B	I	O		A	L	O	U	D
M	Y	L	I	T	T	L	E	P	O	N	Y			
V	E	I	N		T	E	L	L	S			A	K	A
P	A	N	F	U	L	S		E	A	S	E	D	I	N
S	R	A		H	E	A	P			P	A	D	M	A
				B	U	D	W	E	I	S	E	R		
T	H	E	I	R			A	N	T	E		S	H	U
L	O	W	C	A	R	B		T	O	D	D	L	E	S
C	O	W			E	I	D	E	R		E	U	R	O
				H	I	C	K	O	R	Y	F	A	R	M
O	A	T	E	S		R	U	R	A	L		P	A	H
T	H	A	R	P		A	S	O	R	E		E	N	O
C	A	M	R	Y		M	E	R	C	E		D	O	W

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VERY EASY #15

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1				6	7	3	2	
	2			5		8		4
6		1					5	7
		9	3		6	1		
8	7					4		6
2		4		8			6	
	9	7	6	3				8
			5				9	1

www.sudoku.com

NOTICE OF PETITION TO  
ADMINISTER ESTATE OF  
JOHN F. CHRISTIE  
CASE NO. PR2000073

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of JOHN F. CHRISTIE

A PETITION FOR PROBATE has been filed by Petitioner, RAYMOND F. CHRISTIE

In the Superior Court of California, County of Humboldt. The petition for probate requests that RAYMOND F. CHRISTIE be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on April 23, 2020 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 6.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for

Special Notice form is available from the court clerk.  
ATTORNEY FOR PETITIONER:  
Kenneth M. Barelles  
533 E Street  
Eureka, CA 95501  
707-443-9338  
SUPERIOR COURT OF CALIFORNIA  
COUNTY OF HUMBOLDT

4/2, 4/9, 4/16 (20-)

Citation to Parent  
In and for the  
Superior Court of California  
County of Humboldt  
In the matter of the adoption  
petition of Brandy Pancoast,  
Adopting Parent  
Case number AD2000013  
TO: CHELSEY ISREAL.

By order of this court you are hereby advised that you may appear before the judge presiding in Department 6 of this court on 4/28/2020 at 8:30am then and there to show cause, if any you have, why Payten Maire Pancoast and Richard Lee Pancoast, III, should not be declared free from your custody and control for the purpose of freeing Payten Maire Pancoast and Richard Lee Pancoast, III for placement for adoption. The following information concerns rights and procedures that relate this proceeding for termination of custody and control of said minor as set forth in Family Code Section 7860 et seq.:

1. At the beginning of the proceeding the court will consider whether or not the interests of the minor children require the appointment of counsel. If the court finds that the interests of the minor do require such protection, the court will appoint counsel to represent them, whether or not they are able to afford counsel. The minor will not be present in court unless the court so orders.
2. If a parent of the minor appears without counsel and is unable to afford counsel, the court must appoint counsel for the parent, unless the parent knowingly and intelligently waives the right to be represented by counsel. The court will not appoint the same counsel to represent both the minor and his parent.
3. The court may appoint private counsel. If private counsel is appointed, he or she will receive a reasonable sum for compensation and expenses, the amount of which will be determined by the court. That amount must be paid by the real parties in interest, but not by the minor, in such proportions as the court believes to be just. If, however, the court finds that any of the real parties in interest cannot afford counsel, the amount will be paid by the County.
4. The court may continue the proceeding for not more than thirty (30) days as necessary to appoint counsel to become acquainted with the case.

DATED: March 2, 2020

Katrina W, Clerk  
KIM M. BARTLESON  
By: Katrina W

3/19, 3/26, 4/2, 4/9 (20-092)

FICTITIOUS BUSINESS NAME  
STATEMENT 20-00106  
The following person is doing Business as  
THE HUMBOLDT COUNTY  
COLLECTIVE

Humboldt  
1670 Myrtle Ave #B  
Eureka, CA 95501

My Golden Green Inc.  
CA 35 03177  
1670 Myrtle Ave #B  
Eureka, CA 95501

The business is conducted by a Corporation.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Savannah Snow, Secretary  
This February 18, 2020  
KELLY E. SANDERS  
by sc, Humboldt County Clerk

FICTITIOUS BUSINESS NAME  
STATEMENT 20-00147  
The following person is doing Business as  
HUMBOLDT COUNTY CHILDREN'S  
AUTHOR FESTIVAL

Humboldt  
1313 3rd Street  
Eureka, CA 95501

PO Box 6089  
Eureka, CA 95502

Friends of the Redwood Library  
CA 0502609  
1313 3rd Street  
Eureka, CA 95501

The business is conducted by a Corporation.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Anne J. Hartline, Secretary  
This March 12, 2020  
KELLY E. SANDERS  
by sc, Humboldt County Clerk

3/19, 3/26, 4/2, 4/9 (20-090)

FICTITIOUS BUSINESS NAME  
STATEMENT 20-00152  
The following person is doing Business as  
FOOT LOGIC

Humboldt  
5000 Valley West Blvd Ste #3  
Arcata, CA 95521

315 F St  
Eureka, CA 95501

Ye tong Dong  
296 S St  
Eureka, CA 95501

The business is conducted by an Individual.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Ye tong Dong, Owner  
This March 13, 2020  
KELLY E. SANDERS  
by sc, Humboldt County Clerk

3/19, 3/26, 4/2, 4/9 (20-089)

FICTITIOUS BUSINESS NAME  
STATEMENT 20-00153  
The following person is doing Business as  
BLOOM CHIROPRACTIC

Humboldt  
2803 E St  
Eureka, CA 95501

Eileen F Hackworth  
2858 Polecat Ridge Ln  
Eureka, CA 95503

The business is conducted by an Individual.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Eileen Hackworth, DC, sole owner  
This March 12, 2020  
KELLY E. SANDERS  
by sc, Humboldt County Clerk

4/2, 4/9, 4/16, 4/23 (20-097)

FICTITIOUS BUSINESS NAME  
STATEMENT 20-00155  
The following person is doing Business as  
AUTHORITY SCRIBE

Humboldt  
1922 B Street

Eureka, CA 95501

Auroriele B Hans  
1922 B Street  
Eureka, CA 95501

The business is conducted by an Individual.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Auroriele Hans, Owner  
This March 15, 2020  
KELLY E. SANDERS  
by tn, Humboldt County Clerk

3/19, 3/26, 4/2, 4/9 (20-093)

ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME  
Justin Lee Wells & Min Jung  
Kim on behalf of  
Justin Lee Wells, a minor  
CASE NO. CV2000419

SUPERIOR COURT  
OF CALIFORNIA,  
COUNTY OF HUMBOLDT  
825 FIFTH ST.  
EUREKA, CA. 95501  
PETITION OF:  
Justin Lee Wells & Min Jung Kim on behalf of Justin Lee Wells, a minor for a decree changing names as follows:

Present name  
Justin Lee Wells  
to Proposed Name  
Justin James Wells  
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a

hearing.  
NOTICE OF HEARING  
Date: May 29, 2020  
Time: 1:45 p.m., Dept. 4  
SUPERIOR COURT  
OF CALIFORNIA,  
COUNTY OF HUMBOLDT  
825 FIFTH STREET  
EUREKA, CA 95501  
Date: March 26, 2020  
Filed: March 26, 2020  
/s/ Kelly L. Neel  
Judge of the Superior Court

4/9, 4/16, 4/23, 4/30 (20-099)

ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME  
Jessie Nissen  
CASE NO. CV2000393

SUPERIOR COURT  
OF CALIFORNIA,  
COUNTY OF HUMBOLDT  
825 FIFTH ST.  
EUREKA, CA. 95501  
PETITION OF:  
Jessie Nissen  
for a decree changing names as follows:

Present name  
Jessie Adeline Nissen  
to Proposed Name  
Jessie Adeline Bailey  
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING  
Date: May 15, 2020  
Time: 1:45 p.m., Dept. 4  
SUPERIOR COURT  
OF CALIFORNIA,  
COUNTY OF HUMBOLDT  
825 FIFTH STREET  
EUREKA, CA 95501  
Date: March 16, 2020  
Filed: March 16, 2020  
/s/ Kelly L. Neel  
Judge of the Superior Court  
4/9, 4/16, 4/23, 4/30 (20-098)

4/9, 4/16, 4/23, 4/30 (20-098)

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Part Time position, 24 hours a week. Provide support to  
the Human Resources Director. Job duties include, but not  
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High school diploma or equivalent required. Two years of  
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Full-time position Monday to Friday in our outpatient Rural  
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Final filing date is at  
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916.798.2107

We want to take a moment to express our support and well wishes to our community during this difficult time. We are committed to taking every necessary precaution to help keep all of our clients, agents, and staff healthy and well. Although our physical office is closed, we are still "Open For Business" remotely and are accessible via phone and email.

Sincerely,  
**THE LAND MAN OFFICE**



## WILLOW CREEK – LAND/PROPERTY - \$150,000

A ±9 Acre lot located at the top of the Bigfoot subdivision! This property boasts buildable flats, community water and power at the street.

## WILLOW CREEK – HOME ON ACREAGE - \$328,500

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## WILLOW CREEK – LAND/PROPERTY - \$49,900

±0.247 Acre lot available in Big Foot Subdivision in sunny Willow Creek! Has community water, sewer, and power at the property line.

## ALDERPOINT – LAND/PROPERTY - \$395,000

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## CUTTEN – LAND/PROPERTY - \$495,000

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